

Basic Report 03050, Babyfood, dinner, spaghetti and tomato and meat, junior

Report Date:February 26, 2015 05:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Stage 3 (6 oz) 170g	1 jar Gerber Third Foods (6 oz) 170g	1 jar Heinz Junior-3 (6 oz) 170g
Proximates								
Water	g	84.17	13.47	23.86	143.09	143.09	143.09	143.09
Energy	kcal	68	11	19	116	116	116	116
Protein	g	2.57	0.41	0.73	4.37	4.37	4.37	4.37
Total lipid (fat)	g	1.37	0.22	0.39	2.33	2.33	2.33	2.33
Carbohydrate, by difference	g	11.42	1.83	3.24	19.41	19.41	19.41	19.41
Fiber, total dietary	g	1.1	0.2	0.3	1.9	1.9	1.9	1.9
Sugars, total	g	2.72	0.44	0.77	4.62	4.62	4.62	4.62
Minerals								
Calcium, Ca	mg	15	2	4	26	26	26	26
Iron, Fe	mg	0.53	0.08	0.15	0.90	0.90	0.90	0.90
Magnesium, Mg	mg	11	2	3	19	19	19	19
Phosphorus, P	mg	35	6	10	60	60	60	60
Potassium, K	mg	122	20	35	207	207	207	207
Sodium, Na	mg	30	5	9	51	51	51	51
Zinc, Zn	mg	0.53	0.08	0.15	0.90	0.90	0.90	0.90
Vitamins								
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.1	0.3	0.3	0.3	0.3
Thiamin	mg	0.048	0.008	0.014	0.082	0.082	0.082	0.082
Riboflavin	mg	0.068	0.011	0.019	0.116	0.116	0.116	0.116
Niacin	mg	0.967	0.155	0.274	1.644	1.644	1.644	1.644
Vitamin B-6	mg	0.064	0.010	0.018	0.109	0.109	0.109	0.109
Folate, DFE	µg	44	7	12	75	75	75	75
Vitamin B-12	µg	0.03	0.00	0.01	0.05	0.05	0.05	0.05
Vitamin A, RAE ^b	µg	63	10	18	107	107	107	107
Vitamin A, IU ^a	IU	1255	201	356	2134	2134	2134	2134
Vitamin E (alpha-tocopherol)	mg	0.07	0.01	0.02	0.12	0.12	0.12	0.12

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	0	0	2	2	2	2
Vitamin K (phylloquinone)	µg	0.8	0.1	0.2	1.4	1.4	1.4	1.4
Lipids								
Fatty acids, total saturated	g	0.543	0.087	0.154	0.923	0.923	0.923	0.923
Fatty acids, total monounsaturated	g	0.497	0.080	0.141	0.845	0.845	0.845	0.845
Fatty acids, total polyunsaturated	g	0.185	0.030	0.052	0.314	0.314	0.314	0.314
Cholesterol	mg	5	1	1	8	8	8	8
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Vitamin A values range widely due to differences in cultivar and proportion of carrots.

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